










































**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 2022**

Wan Chai District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Long Distance Running Training Course									
40638231 (WC720)	8/10-10/12	Sa	16:00-18:00	Happy Valley Recreation Ground	16+	130	40	7/9	
Breaststroke Swimming TC for Adult (I)									
40638280 (WC729)	21/10-11/11	M,W,F	7:00-8:00	Morrison Hill SP	18+	100	16	20/8-26/8 (8/9) {28/9}	
Breaststroke Swimming TC for Adult (III)									
40638218 (WC659)	6/10-17/11 (excl. 13/10,20/10,27/10)	Tu,Th	7:00-8:00	Victoria Park SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
40638272 (WC726)	20/10-22/11	Tu,Th	10:00-11:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
40638306 (WC734)	24/10-23/11	M,W	12:00-13:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
Front Crawl Swimming TC for Adult (II)									
40638283 (WC730)	21/10-11/11	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
Front Crawl Swimming TC for Adult (III)									
40638219 (WC660)	6/10-17/11 (excl. 13/10,20/10,27/10)	Tu,Th	8:00-9:00	Victoria Park SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
40638276 (WC727)	20/10-22/11	Tu,Th	12:00-13:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
40638300 (WC732)	24/10-23/11	M,W	9:00-10:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
Backstroke Swimming Training Course									
40638277 (WC728)	20/10-22/11	Tu,Th	13:00-14:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
40638302 (WC733)	24/10-23/11	M,W	10:00-11:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
Butterfly Swimming Training Course									
40638269 (WC725)	20/10-22/11	Tu,Th	9:00-10:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
40638308 (WC735)	24/10-23/11	M,W	13:00-14:00	Wan Chai SP	18+	100	20	20/8-26/8 (8/9) {28/9}	
Aerobic Dance Training Course									
40638235 (WC667)	31/10-7/12	M,W	18:00-19:00	Harbour RD. SC	14+	65	25	28/9	
40638236 (WC668)	31/10-7/12	M,W	19:00-20:00	Harbour RD. SC	14+	65	25	28/9	
40638238 (WC669)	25/10-1/12	Tu,Th	18:00-19:00	Harbour RD. SC	14+	65	25	20/8-26/8 (8/9) {28/9}	
40638240 (WC670)	25/10-1/12	Tu,Th	19:00-20:00	Harbour RD. SC	14+	65	25	20/8-26/8 (8/9) {28/9}	
40638241 (WC671)	26/10-2/12	W,F	7:30-8:30	Harbour RD. SC	14+	65	25	22/9	
40638284 (WC700)	7/10-2/11	M,W,F	18:00-19:00	Lockhart RD. SC	14+	65	30	6/9	
40638285 (WC701)	7/10-2/11	M,W,F	19:00-20:00	Lockhart RD. SC	14+	65	30	6/9	
Children Dance Training Course									
40638245 (WC674)	8/10-10/12	Sa	14:00-16:00	Harbour RD. SC	4-11	60	20	20/8-26/8 (8/9) {28/9}	
Good Fit Training Scheme									
40638228 (WC664)	6/10-22/11	Tu,Th	12:00-13:00	Lockhart RD. SC	14+	80	24	20/8-26/8 (8/9) {28/9}	
40638230 (WC665)	6/10-22/11	Tu,Th	13:00-14:00	Lockhart RD. SC	14+	80	24	20/8-26/8 (8/9) {28/9}	
Fitness (Multi-gym) Training Course									
<p>@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.</p> <p>Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.</p> <p>For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.</p> <p>For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.</p>									
40638213 (WC711)	10/10-4/11	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	12	@8/9	
40638215 (WC712)	10/10-4/11	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	12	@8/9	
40638222 (WC715)	25/10-1/12	Tu,Th	18:00-19:00	Lockhart RD. SC	15+	75	12	@23/9	
40638224 (WC716)	25/10-1/12	Tu,Th	19:00-20:00	Lockhart RD. SC	15+	75	12	@23/9	
40638225 (WC717)	25/10-1/12	Tu,Th	20:00-21:00	Lockhart RD. SC	15+	75	12	@23/9	
40638227 (WC718)	25/10-1/12	Tu,Th	21:00-22:00	Lockhart RD. SC	15+	75	12	@26/9	
40638267 (WC692)	5/10-14/11	M,W	18:00-19:00	Lockhart RD. SC	15+	75	12	@1/9	
40638270 (WC693)	5/10-14/11	M,W	19:00-20:00	Lockhart RD. SC	15+	75	12	@1/9	
40638271 (WC694)	5/10-14/11	M,W	20:00-21:00	Lockhart RD. SC	15+	75	12	@1/9	
40638274 (WC696)	6/10-15/11	Tu,Th	7:00-8:00	Lockhart RD. SC	15+	75	12	@2/9	
40638278 (WC697)	6/10-15/11	Tu,Th	8:00-9:00	Lockhart RD. SC	15+	75	12	@5/9	



40638279 (WC698)	6/10-15/11	Tu,Th	12:00-13:00	Lockhart RD. SC	15+	75	12	@5/9	 	
40638282 (WC699)	6/10-15/11	Tu,Th	13:00-14:00	Lockhart RD. SC	15+	75	12	@7/9	 	
40638303 (WC710)	10/10-4/11	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	12	@8/9	 	
Gymnastics for all Training Course										
40638232 (WC666)	18/10-17/11	Tu,Th	14:00-16:00	Harbour RD. SC	6+	54	20	20/8-26/8 (8/9) {28/9}		
Jazz Training Course										
40638242 (WC672)	18/10-20/12	Tu	10:00-12:00	Harbour RD. SC	12+	70	25	20/8-26/8 (8/9) {28/9}		
Oriental Dance Training Course										
40638217 (WC713)	14/10-16/12	F	20:00-22:00	Lockhart RD. SC	12+	45	30	20/8-26/8 (8/9) {28/9}		
Social Dance Training Course										
40638287 (WC702)	8/10-10/12	Sa	20:00-22:00	Lockhart RD. SC	14+	86	30	20/8-26/8 (8/9) {28/9}		
Western Folkdance Training Course										
40638292 (WC705)	8/10-10/12	Sa	14:00-16:00	Lockhart RD. SC	8+	45	30	20/8-26/8 (8/9) {28/9}		
40638293 (WC706)	8/10-10/12	Sa	16:00-18:00	Lockhart RD. SC	8+	45	30	20/8-26/8 (8/9) {28/9}		
Wushu Training Course for Children										
40638297 (WC708)	9/10-4/12	Su	11:00-13:00	Lockhart RD. SC	6-14	86	20	2/9	 	
Yoga Training Course										
40638289 (WC703)	8/10-10/12	Sa	7:00-9:00	Lockhart RD. SC	15+	85	40	20/8-26/8 (8/9) {28/9}		
40638290 (WC704)	8/10-10/12	Sa	18:00-20:00	Lockhart RD. SC	15+	85	40	20/8-26/8 (8/9) {28/9}		
Briefing on Proper Ways to Use Fitness Equipment										
40638220 (WC714)	16/10	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/8-26/8 (8/9) {28/9}		
40638296 (WC707)	9/10	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/8-26/8 (8/9) {28/9}		
Body-Mind Stretch Training Course										
40638263 (WC690)	5/10-31/10	M,W,F	14:00-15:00	Lockhart RD. SC	15+	85	24	20/8-26/8 (8/9) {28/9}		
40638273 (WC695)	5/10-31/10	M,W,F	15:00-16:00	Lockhart RD. SC	15+	85	24	20/8-26/8 (8/9) {28/9}		
40638321 (WC747)	5/10-11/11	W,F	14:00-15:00	Wong Nai Chung SC	15+	85	24	5/9	 	
Parent-child(Aged 7-17) Badminton Fun Day										
40638246 (WC675)	9/10	Su	10:00-11:00	Harbour RD. SC	7+	Free	16	9/9		
40638248 (WC676)	9/10	Su	11:00-12:00	Harbour RD. SC	7+	Free	16	9/9		
40638249 (WC677)	9/10	Su	12:00-13:00	Harbour RD. SC	7+	Free	16	9/9		
Badminton Training Course										
40638266 (WC691)	5/10-7/11	M,W	14:00-16:00	Lockhart RD. SC	7+	118	12	20/8-26/8 (8/9) {28/9}		
Parent-child(Aged 7-17) Badminton TC										
40638301 (WC709)	2/10-6/11	Su	11:00-13:00	Lockhart RD. SC	7+	73	12	20/8-26/8 (8/9) {28/9}		
Badminton Training Course For Children										
40638320 (WC746)	16/10-18/12	Su	9:00-11:00	Wong Nai Chung SC	7-11	118	12	16/9	 	
Lawn Bowls Training Course										
40638221 (WC661)	3/10-27/10	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	20/8-26/8 (8/9) {28/9}		
40638223 (WC662)	3/10-27/10	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	20/8-26/8 (8/9) {28/9}		
Squash Training Course										
40638243 (WC673)	5/10-28/10	W,F	7:00-9:00	Harbour RD. SC	7+	160	8	6/9	 	
40638328 (WC752)	16/10-4/12	Su	9:00-11:00	Wong Nai Chung SC	7+	160	8	16/9	 	
Tennis Training Course										
40638226 (WC663)	18/10-17/11	Tu,Th	7:00-9:00	Victoria Park TC	8+	170	12	20/8-26/8 (8/9) {28/9}		
40638229 (WC719)	6/10-7/11	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	12	20/8-26/8 (8/9) {28/9}		
40638234 (WC721)	19/10-18/11	W,F	9:00-11:00	Causeway Bay SG	8+	170	12	20/8-26/8 (8/9) {28/9}		
40638237 (WC722)	24/10-24/11	M,Th	7:00-9:00	Causeway Bay SG	8+	170	12	20/8-26/8 (8/9) {28/9}		
Wan Chai Dist 7-a-side Soccer Comp. 2022										
40638214 (QWC657)	9/10-16/10	Su	9:00-18:00	Victoria Park	14+	60	16	28/7-11/8 (16/8) {5/9}		
Community Garden Programme										
40638310 (WC737)	29/10-19/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Wan Chai Park Community Garden	12+	400	8	20/8-26/8 (8/9) {28/9}		

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)

Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows: In view of the latest situation of COVID-19, to better control the number of participants, accompanying carers who wish to participate with persons with disabilities (PWDs) in any recreation and sports programmes designated for PWDs are required to enrol in the programmes. This will remain until further notice.

Badminton TC for Ex-mentally III Persons

40638319 (WC745)	7/10-28/10	F	16:00-18:00	Lockhart RD. SC	14+	2	2/9	 
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Activities for Elderly Programme Number (Class code)

(For aged 60 or above, free of charge)

Date

Day

Time


Venue

Quota

Date of Enrollment
(Balloting)
(Open Enrollment for Remaining Quota)

Enrolment Method




Swimming TC for Elderly (I)

40638288 (WC731)	21/10-11/11	M,W,F	9:00-10:00	Morrison Hill SP	16	20/8-26/8 (8/9) {28/9}	
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Baduanjin Fun Day for Elderly

40638253 (WC681)	7/10	F	9:15-11:45	Harbour RD. SC	160	7/10	Walk-in
40638254 (WC682)	14/10	F	9:15-11:45	Harbour RD. SC	160	14/10	Walk-in
40638255 (WC683)	21/10	F	9:15-11:45	Harbour RD. SC	160	21/10	Walk-in
40638256 (WC684)	28/10	F	9:15-11:45	Harbour RD. SC	160	28/10	Walk-in

Elderly Fitness Exercise Training Course

40638322 (WC748)	3/10-9/11 (excl. 5/10,19/10,2/11)	M,W,F	8:00-9:00	Wong Nai Chung SC	30	20/8-26/8 (8/9) {28/9}	
40638324 (WC749)	3/10-9/11 (excl. 5/10,19/10,2/11)	M,W,F	9:00-10:00	Wong Nai Chung SC	30	20/8-26/8 (8/9) {28/9}	
40638326 (WC750)	3/10-9/11 (excl. 5/10,19/10,2/11)	M,W,F	10:00-11:00	Wong Nai Chung SC	30	20/8-26/8 (8/9) {28/9}	

General Gymnastics Fun Day for Elderly

40638257 (WC685)	5/10	W	9:15-11:45	Harbour RD. SC	80	5/10	Walk-in
40638258 (WC686)	12/10	W	9:15-11:45	Harbour RD. SC	80	12/10	Walk-in
40638260 (WC687)	19/10	W	9:15-11:45	Harbour RD. SC	80	19/10	Walk-in
40638261 (WC688)	26/10	W	9:15-11:45	Harbour RD. SC	80	26/10	Walk-in

MP for Elderly - Indoor Short Mat Bowling

40638251 (WC679)	11/10-25/10	Tu	9:30-11:30	Harbour RD. SC	64	11/10-25/10	Walk-in
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HES Indr Short Mat Bowling Badminton Play-in

40638327 (WC751)	3/10-31/10	M	8:00-10:00	Wong Nai Chung SC	60	3/10-31/10	Walk-in
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Meeting Points for Elderly - Indoor Gateball

40638252 (WC680)	6/10-27/10	Th	9:30-11:30	Harbour RD. SC	64	6/10-27/10	Walk-in
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